# La Hummuseria – a social kind of thing

Today I'm sharing a secret discovery. I considered keeping it to myself both out of selfishness and to preserve its charm, however I've decided that ***La Hummuseria*** deserves to be experienced by anyone who appreciates healthy, wholesome food and a familiar, friendly atmosphere; or indeed anyone with a penchant for hummus. Even if you don't, it's hard not to fall in love with it because it's so damn tasty and healthy.

***La Hummuseria*** **is the dream child of newlyweds Lotem and Shai,** two young psychologists from Israel who visited Madrid on holiday and for all the obvious reasons fell in love with the city.

They pondered what the city was missing, namely: hummus and this being their passion Lotem and Shai dreamt up *La Hummeseria*. In February 2015 they moved to Madrid and in

October 2015 *La Hummuseria* was born. Simple.

Hummus is a traditional Middle Eastern dish made from garbanzos/chickpeas, Tahini and lemon. It is served warm with

a touch of olive oil, warm chickpeas and one of their special toppings.

Traditionally, hummus is eaten as a meal in itself so one portion could be enjoyed individually without anything other than fresh pitta. However, to keep the hummus company (Hummus is a social kind of thing, says Lotem) you will find freshly cut salads made from the best vegetables in the market, lemon and herbs.

The hero is obviously the hummus. **There are five varieties of hummus**; the base is freshly made every day using the Lotem and Shai's tradition and secret technique and toppings include mushrooms, lemon and almonds.

To accompany **El Ambiguo**: hummus with tahíni verde, we ordered the oven baked cauliflower with almonds. A crisp and simple tapas sized dish of oven lightly baked cauliflower seasoned with lemon, parsley and chives and coated in roasted almond shards.

The **Ensalada fresca-fresquísima** arrived as a generous mix of cucumber, tomato, chickpeas, carrot and a fresh herb, lemon and oil dressing.

We drank iced tea with fresh mint and felt so gloriously healthy that we almost declined Shai's insistence that we try the **Malabi for dessert**. I am more than glad that we conceded. Made from Middle East cream scented flowers, peanuts and coconut, this dessert is as fresh and wholesome as everything else and totally delicious.

**Hidden off Fuencarral, *La Hummuseria* is the ideal spot for a lazy weekend lunch**; reclining in comfortable art deco chairs on the mezzanine level or to grab a quick snack as a break from combing the Malasana shops.

The service is impeccable, you can see Lotem and Shai preparing their food from the open kitchen and they are more than happy to stop and talk to you while you are there. **After all, hummus is a social thing.**

Finally, in case you were wondering, yes they do offer take aways.

# Info:

- **Facebook**
- **Address:** Calle Hernán Cortes 8
- **Metro:** Tribunal, Chueca

## By Alice Josselyn

## Also check out Falafeleria by the same owners!